MINDFUL STEPS
6-Week ‘Healthy Healers’ Series

Wednesdays: 4pm-5pm, Chestnut Ridge Center Conf. Room

January 22: Intro to Mindfulness
January 29: Fundamentals of Mindfulness
February 5: Embodied Mindfulness
February 12: Communication and Compassion
February 19: Mindfulness and Resiliency
February 26: Mini Retreat

Series Objectives
Following this series, participants should be able to:
- Implement a toolbox of mindfulness techniques
- Educate about stress resilience
- Develop mind/body connection skills
- Reconnect to the joy and meaning in the healthcare professions
- Improve personal and professional quality of life

Course Description
The results of consistent mindfulness practice change our relationship to stress, lessens reactivity, enhances sleep, and increases resiliency. This six-week series will cover a variety of mindfulness-based techniques and exercises aimed at combating burnout, improving stress response, and enhancing overall quality of life.

Target Audience
The Mindful Steps series is for all residents, faculty, and staff of WVU Medicine’s Chestnut Ridge Center.

Continuing Medical Education
The West Virginia University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The WVU Office of CME designates this live activity for a maximum of 6 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing Education
This continuing education activity has been provided by the West Virginia University School of Nursing for 7.2 contact hours. The West Virginia University School of Nursing is an approved provider of continuing education by the State of West Virginia Board of Examiners for Registered Professional Nurses, Legislative Rule §19CSR11-4 under provider number 50-26086.

Disclosure:
All those in a position to control content have indicated they have no relevant interests to disclose.

Contact Anthony.Danko@hsc.wvu.edu to register or for more information.